

FANS 粉丝

POSITIVE PSYCHOLOGY



Message from Editor

Watching the news these days can be depressing: Euro troubles, Thailand floods, earthquake in Turkey. That's why we want to explore ways for us to stay positive. This month we explore a new branch of psychology called Positive Psychology. Read it and have some chocolates. It may just boost our mood!

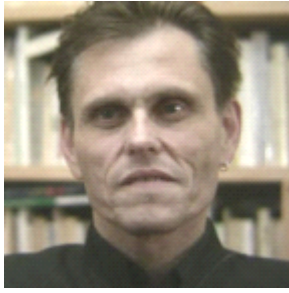
Beijing Xiaoli



Mention psychology, most people would think of mental illness or psychological problems which has a more negative connotation. Yet more recently, a new branch of psychology called "Positive Psychology" is gaining popularity. Positive Psychology explores the strengths and positive side of human beings.

One important premise of positive psychology is that human beings have both positive and negative sides and that the ups and downs of one's life are equally important. Positive psychologists believe that life is not just about avoiding troubles and frustrations, it should also be about seeing the beauty in life. According to Martin Seligman, the father of modern positive psychology, one can get happiness via the ways of the pleasant life, a life of engagement and a meaningful life. Now we'd like to share with you the 'recipe' of a happy life:

1. Be thankful: Note several things that make you feel thankful to someone every day and keep updating it
 2. Be helpful: Giving a hand to friends or strangers will reward you; complementing and appreciating others make you joyful.
 3. Focus your attention on happiness: Pay attention to the beauty in life. Some psychologists suggest keeping a 'mental' picture of happy moments and 'recall' it when we are sad.
 4. Be forgiving: Getting revengeful on others traps you in a vicious circle of rancor; forgive and you can move on.
 5. Love your families and friends: What makes life joyful is not fortune, title or even health. The most important factor is a steady and harmonious interpersonal relationship. Share more time and energy with your families and friends.
 6. Take care of your health: sufficient sleep and regular exercises, even just stretching your body and wearing a good smile improve our mentality.
 7. When the going gets tough, the tough gets going: Obstacles are inevitable in life while faith can help you to get through it. Most importantly, you need to believe in yourself.
- Happiness is an internal feeling most felt when one has accomplished his mission. Without a mission or purpose in life, it would be like a carriage carrying nothing and wasting energy. We can only get true happiness when we see the meaning and value of life.

FAN'S CORNER


[Jean Louis Rocca](#) is a cool-looking Frenchman with a hot passion for improv theatre. He came to our workshops every week last spring and summer. He is a sociologist and lectures in Paris and Tsinghua University.

Rocca's favorite traditional play is *Waiting for Godot* and has tried some simple roles in Chinese plays. He thinks one needs to forget himself in traditional theatre. However, in improv theatre, one can show a bit of one's authentic self. Rocca thinks a perfect actor should be one that can act and improvise. In fact, many actors in France like to switch between improv and traditional acting.

By observing participants from all walks of life, Rocca has learnt more about the Chinese culture and its different dialects. "Usually it is the new middle-class that is interested in new things. I can learn about contemporary China here." Middle-class in China is part of his research.

Rocca has since moved back to France with his family and found improv popular in France too. "Many people become successful because of their ability to tell jokes. Audiences also love to be tickled by the improvised chat shows on TV. Perhaps that's why some young people, especially those living in the suburbs love to learn improvisation. In addition, improvisation allows one to express himself freely and not afraid of being judged. It's almost 'therapeutic' to feel accepted and establish a sense of belonging when playing improv.

Rocca also pointed out some difference between China and

France, "The French are more quiet at the beginning in these kinds of workshops. Maybe because most Chinese tend to approach others and communicate more easily. Besides, language is the most important factor in French comedy. People love Puns while in Chinese comedy, I think there's more balance between words and the use of body and language."

NEWSBITES
"Divorce Business" Boom in Japan

Because of a high divorce rate, a lot of companies are offering divorce services in Japan now. They've even developed a mobile game on divorce where you can play either side of the couple and have different choices on how to end the relationship. There are divorce ceremonies and couples can reach a settlement on children and property. ([More info](#))

The Idler Academy


In Ancient Greece, the word which turned into our word for school, *scholee*, originally meant 'leisure'. Education was a pleasure; it was a privilege freely chosen by the freeborn citizens of Athens. The [Idler Academy](#) in London brings this spirit of cultivated leisure to the 21 century, and crosses it with the lively atmosphere of an 18th century coffeehouse. They sell secondhand books, serve drinks and food, and run courses in academic and practical subjects. This is a place to read, think, debate and learn, to sharpen your mind and learn creative skills.

QUOTE OF THE MONTH:

Most of the shadows of this life are caused by standing in one's own sunshine.

Ralph Waldo Emerson

ACEWOOD CALENDAR
● The First Chinese Improv Class

Improv instructors Eric and Angela will guide you on a voyage of improvisation theatre class on November 15. ([More info here](#)).

● Improv Theatre Featured on China's Oprah TV Show


On November 19th, Yang Lan's (often referred to as China's Oprah) famous talk show *Her Village* has dedicated an entire episode on Improv Theatre. Our very own improv instructor, Angela, appeared as a guest on the show!

([Watch the video](#))

LAST MONTH...
● PRI's performance at Renmin University

Improvisers from PRI and students from Renmin University celebrated a great night together where improv theatre met sign language. Let's see our new version of our popular game "Gibberish" using sign language ([Watch the video](#))

● Everyone can be an actor

The "Fun and Fearless Female" magazine "Cosmopolitan" has a [feature story](#) our improv workshop. See the nice photos here. "You can achieve your dream to be an actor and make friends here. More importantly, by playing these improv games, it's a fun way to improve your EQ."

● Tia and Tha Knutz in Shanghai

Click to see Tia's show at the Jazz festival in Shanghai if you missed it. ([Crazy Race in HD file](#)).